

Test Yourself

american
baby

Word Scramble & Fill-in-the-Blank

During pregnancy and labor, you'll hear a lot of words for the first time. Test your current knowledge by unscrambling the 15 words below. Once you've enhanced your vocabulary, see if you can fill in the blanks on the back with the new words. Find yourself truly stumped? We've equipped you with an answer key—but try not to peek!

Can You Unscramble These?

1. ppobyslaihfleicor (two words)
2. onluga
3. upsogclumu (two words)
4. rtucsmool
5. aaerlo
6. niptioc
7. ottinnairs
8. hdneonpirs
9. dpieluar
10. smeioopty
11. aaltcnep
12. ayphemortara
13. ntitgausq
14. recbhe
15. rigilbablhtn (two words)

Here Are Your Choices:

- A. areola
- B. epidural
- C. transition
- D. placenta
- E. biophysical profile
- F. birthing ball
- G. lanugo
- H. squatting
- I. mucous plug
- J. aromatherapy
- K. colostrum
- L. breech
- M. pitocin
- N. endorphins
- O. episiotomy

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Now...Fill-in-the Blanks!

1. _____ is another position for pushing that can be done on the floor or bed and is used by women in many cultures.
2. If the pregnancy continues past the due date, the birth attendant may ask for a/an _____, a series of tests including ultrasound, to check on the baby's health.
3. Sometimes called the foremilk, _____ is the first breast milk and is high in proteins.
4. _____ is a synthetic form of oxytocin used to stimulate uterine contractions. Induced contractions can be more painful than spontaneous ones.
5. When it is no longer needed to provide nutrients to the baby, the _____ is expelled from the uterus in the third stage of labor.
6. Results of recent studies show that a/an _____, a cut made to enlarge the vaginal opening, does not prevent incontinence later in a woman's life and may not be necessary.
7. When a baby is nursing, he should get the entire _____, the dark area surrounding the nipple, into his mouth.
8. _____, the last three centimeters of dilation of the cervix, can be the most trying. It helps to know that the end is in sight.
9. When the cervix has begun to dilate, it may expel the _____ that has kept it sealed throughout pregnancy.
10. Smelling oil of lavender to aid relaxation during labor is an example of _____.
11. Often used in exercise classes, a/an _____ can be used to help open the pelvis during labor.
12. If you absolutely need pain-relief medication in the form of a/an _____, educators advise that you try to hold out until you are at least 4 cm. dilated so as not to slow down labor.
13. _____, chemicals secreted by the brain during labor, can help to relieve labor pain.
14. _____, fine, downy hair sometimes found on a newborn's back and shoulders, usually disappears a few days after birth.
15. When a baby is _____ and not head down in the birth canal, it may still be possible for a birth attendant to manipulate her into the correct position for birth.

How Did You Do?

Word Scramble Key: 1E, 2G, 3I, 4K, 5A, 6M, 7C, 8N, 9B, 10O, 11D, 12J, 13H, 14L, 15F

Fill-in-the-Blank Key: 1H, 2E, 3K, 4M, 5D, 6O, 7A, 8C, 9I, 10J, 11F, 12B, 13N, 14G, 15L

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